

# Little Lungs

## Project Description

The American Lung Association of Los Angeles County (ALALAC), in partnership with the Northeast Valley Health Corporation (NEVHC), recently completed a 16-month community asthma intervention pilot project entitled **Little Lungs: A Coordinated Approach to Asthma Management**. The project targeted 100 children 0-5 years with asthma and their families in the San Fernando Valley (SPA 2). **Little Lungs** was made possible by a grant from the California Department of Health Services Asthma Program.

## Overall Goal & Objective

**GOAL:** To improve the management of asthma and the quality of life for children 0-5 years with asthma and their families, by implementing a coordinated approach to asthma-related services.

**OBJECTIVE:** By June 2002, to decrease the number of hospital, emergency, urgent care, and unscheduled clinic visits related to asthma by 30%, through increased awareness of asthma-related services and increased knowledge about asthma diagnosis and management among children 0-5 years with asthma, their parents and caregivers, and child care providers.

## Summary of Project Activities

To meet the overall goal and objectives, ALALAC and NEVHC worked together to implement the following collaboration, coordination and quality improvement activities:

### Collaboration:

- Created a diverse asthma collaborative to promote conservation of resources, faster program implementation, reduction of risk, and access to specialized resources.
- Built community awareness about asthma by developing and/or distributing linguistically and culturally appropriate materials, including a SPA 2 community resource guide.
- Conducted *Sesame Street A is for Asthma* asthma management and education workshops for children with asthma, their families and caregivers, and childcare providers.

### Coordination

- Utilized Asthma Coordinators to improve the quality, availability and effectiveness of clinic-based pediatric asthma management interventions at two NEVHC clinics in Pacoima and the City of San Fernando.

### Quality Improvement

- Developed, adopted and implemented a quality improvement protocol to assist NEVHC primary care providers in improving asthma care and education for families in accordance with national and state asthma management guidelines.

## Preliminary Outcomes

Juana Mora, Ph.D., a professor with the California State University at Northridge, is evaluating the project. Preliminary results of the pilot interventions at the NEVHC Pacoima and San Fernando clinic sites indicate that participating children with asthma 0-5 experienced more symptom-free days, and parents of children with asthma missed fewer workdays and expressed an improvement in overall quality of life due to better management of their child's disease.

ALALAC recently received a two-year renewal grant from the California Department of Health Services Asthma Program to continue its work in the San Fernando Valley.